

RSHAPPENINGS

The official newsletter of Richmond State Hospital



<https://www.in.gov/fssa/dmha/3305.htm>

September 4, 2020

Our Mission:

To provide individualized patient care as the center of all we do.

Our Values:

Recovery
Strength
Hope

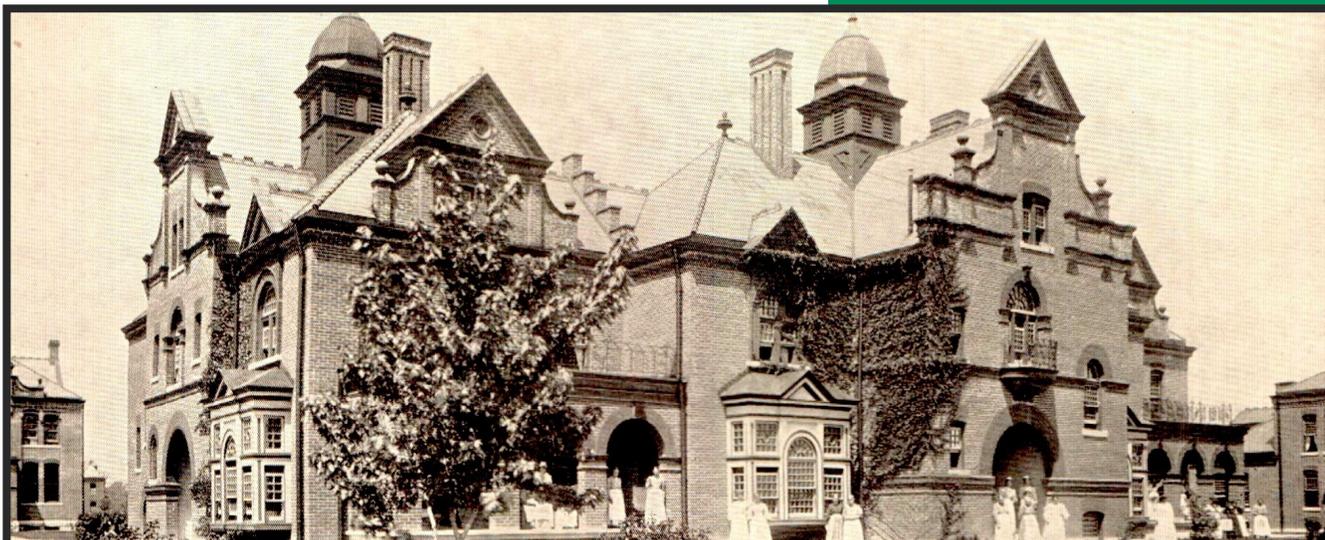
Our Vision:

To be a Center of Excellence that meets the evolving public health and patient care needs through:

Community Partnerships
Innovation
Technology
Evidence-based Practice

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RSH Triplet Cottage: wards 3,4,5 & 6 for women. This building was located where the shelter is now beside the Auditorium. Nurses are in white.



What is Empathy?

Submitted by: **Terresa Bradburn, Staff Development**

Empathy is the ability to emotionally understand what other people feel, see things from their point of view, and imagine yourself in their place. Essentially, it is putting yourself in someone else's position and feeling what they must be feeling.

There are a number of benefits of being able to experience empathy:

- Empathy allows people to build social connections with others.
- Empathizing with others helps you learn to regulate your own emotions.
- Empathy promotes helping behaviors.

Tips for Practicing Empathy

Fortunately, empathy is a skill that you can learn and strengthen. If you would like to build your empathy skills, there are a few things that you can do:

- Work on listening to people without interrupting
- Pay attention to body language and other types of nonverbal communication
- Try to understand people, even when you don't agree with them
- Ask people questions to learn more about them and their lives
- Imagine yourself in another person's shoes

Empathy allows us to understand others and, quite often, compels us to take action to relieve another person's suffering.

While sympathy and compassion are related to empathy, there are important differences. Compassion and sympathy are often thought to involve more of a passive connection, while empathy generally involves a much more active attempt to understand another person.

12 Essential Elements for Promoting Person-Centered Care –Crisis Prevention Institute

PART 1

Person Centered Care

- Person-centered care is all about honoring an individual's unique needs, values, and preferences.
- It is our mission at RSH to provide individualized patient care as the center of all we do.
- It aligns with our strategic plan.

Help the person in your care manage their own care

- When someone needs your help, make sure they have input.
- Empower them to be and feel involved.
- Show the person their individual needs, interests, passions, and likes. They should be the core focus of your every effort.
- Let them know you will minimize what they don't like and maximize what they do like.

Ask the person about their preferences

- Offer choices and let the person know you aim to meet their needs.
- Example*-if they don't show up to a class, can you allow them to choose the time of day that feels best for them?
- If you can offer personalized options and flexibility, you can often avoid unnecessary altercations.

Get to know the patient

- What is their background?
- What are their interests?
- What are they good at?
- What makes them feel supported?
- What makes them feel happy?
- What makes them feel scared?
- Talk to the person.
- Greet them by name and in a friendly tone. Use supportive body language.
- Be calm and rational and treat them like they're calm and rational, even if they are being anything but that.
- Build their trust.

Common functions of behavior include access, avoidance, and meeting a sensory or emotional need.

Look for the causes of behaviors

- Behavior is a form of communication.
- If a patient exhibits difficult behavior, seek to understand the function of the behavior.
- What you might view as a frustrating behavior may actually be a coping mechanism attempt.
- If your response is understanding and individualized, you can help the person replace problem behavior with positive, productive behavior.

Do tasks *with* the person

- Minimize doing things for them. Maximize their abilities. Focus on success, de-emphasize errors, and provide support where needed.
- Be strength-based. Working hand in hand with person-centered care means being abilities-focused and strength-based.
- Instead of focusing on deficits and disabilities, look for the person's potential.
- Help them feel a purpose, skill, accomplishment, and self-respect.
- This will also help how they feel and act towards you!

MUSEUM OPEN HOUSE

For Richmond State Hospital staff & families

When: Tuesday, September 8, 2020

from 5:30p.m. - 7:30p.m.

Where: Building 207

- All visitors MUST wear a mask during the visit, which will be supplied by Richmond State Hospital.
- All visitors must sign in and provide information for contact tracing in the event of a COVID-19 positive case.
- Temperature and pre-screening will be conducted on all visitors.
- Individuals with temperatures equal to or above 100.4 degrees Fahrenheit are not permitted to enter any RSH facility.
- Visits will be limited to 10 visitors.
- Tours will be non-guided to allow for social distancing.
- Richmond State Hospital will provide hand sanitizer for visitor use.

*NOTE: A Richmond State Hospital staff member will be present for any questions.

Weekly Safety Tips

Please drive with caution on campus. Be mindful of other vehicles and the speed limit. Also, remember to come to a complete stop at ALL stop signs on campus. Thank you and safe travels!



Saying Farewell

Clayton Brockman is retiring after being here for three years. He plans on taking several long-term friendships and memories with him. He states he enjoyed working at the pond and remembers his first day when Todd Suttles gave him a tour of the entire campus, leaving Clayton a bit overwhelmed. Clayton recalls a tunnel collapsing leaving it shut down for two weeks, not long after being hired. He says that things had been down for years before he came along and several pieces of equipment have just recently started working and running smoothly. Clayton's typical day was very busy with plenty to do. Clayton also states that it was great working with Chuck Minor, as he is an amazing supporter and many other helpful people. He also highlights the good teamwork throughout his department. He says that he will miss working with his brother, Carlos and several other people, as well as the buildings. Clayton enjoys the old buildings, specifically how they're designed and how some structures have lasted. He states that it was gratifying to complete tasks and enjoyed having many different tasks a day throughout the entire campus. Clayton is looking forward to doing more of his hobbies, such as working on race cars, including painting and working on their transmissions, working in his machine shop, mudding, camping, 4-wheeling and riding motorcycles. Enjoy your retirement, Clayton and remember to take it one day at a time.



Patient Art

By 421 RT Team

For our daily COVID-19 "Relaxation" class on the 421 (Recovery) unit, we try to do different activities throughout the week so that the class does not become too mundane, but is still beneficial to the patients. Below are a few pieces of patients art posted in the common area outside the vending room.

Some examples of activities we like to include in this class are science experiments, to help better understand the world around us; no-bake recipes, which allow patients to mix together something easy to eat, but can be made with a tight budget; brain teasers, to help develop critical thinking skills and boost patients overall brain activity; and art projects, to stimulate imagination, enhance problem-solving skills, reduce stress, and boost self-esteem.



Campus Wonders

By Aubrey Blue

Hummingbirds at RSH

Many of you have probably noticed that there are hummingbird feeders in the office area (aka “the Core”) of the RTC/CTC building. Cathy Morris is the one to thank for those! She has been putting feeders out for the past seven years. She is currently the one who changes the food twice a week, but in the past, patients would help with that task.

You may have also noticed the information posted in that office area about hummingbirds. Michelle Chamness did a great job gathering that information and posting it for all of us to enjoy!

Importance of having feeders:

- 1.They help us experience nature
- 2.They offer relaxation and help decrease stress

Bird feeders supplement natural food sources and they give birds that extra energy needed for migration.

Basic information on hummingbirds:

Habitat: Ruby-throated hummingbirds occur in the following places: deciduous forests, backyards, prairies, old fields, forest edges, meadows, orchards, and stream borders during their months in our area during the summers. Once they migrate for the winter, they will live in citrus groves, dry forests, hedgerows and scrubs.

Behavior: Like all hummingbirds, ruby-throats are precision flyers with the ability to fly full out and stop in an instant, hang motionless in midair, and adjust their position up, down, sideways, and backwards (only bird that can fly backwards!) with minute control.

Food: They love nectar, preferably from red or orange tubular flowers (i.e. trumpet creeper, bee-balm, cardinal flower, sap from trees and red morning glory). They also enjoy hummingbird feeders. People don’t realize this, but they also enjoy insects! They can catch insects in midair or

will pull them out of spider webs.

Main insect prey includes mosquitoes, gnats, fruit flies, and small bees; also eats spiders. Ruby-throated Hummingbirds sometimes take insects attracted to sap wells or picks small caterpillars and aphids from leaves.



Pet of the Week

Meet Athena! She is a four-year-old Dutch Shepherd/Pit Mix who was born with one eye. Before James Belt adopted her, she was located in a kill shelter in New Mexico. James lived in Colorado and



went to New Mexico to adopt Athena when no one else would due to her being a Pit and having a birth defect. Athena is very affectionate and doesn't let her missing eye hold her back. She loves to cuddle with James and her avocado toy. She recently celebrated her birthday with her brother, Ares (pictured to the right.) Happy belated birthday Athena!



Upcoming Years of Service Anniversaries

September 6: Steve Sacre (32)

September 8: Sanna Titus (45) and Tim Holt (17)

September 9: Kimberly Phillips (35), Stacy McCracken (1), B. Dee Miller (1), Brandon Reeve (1), Dustin Steele (1) and Rachelle Woods (1)

September 10: Aubrey Blue (2)



Upcoming Birthdays

September 5: Natasha Alonso, Terri Ogle, Phronia Stanton and Tina Williams

September 6: Renee Judy

September 7: Tommy Cross, Tina Pitcher and J. Chris Robertson

September 8: Stephen Caldwell

September 9: Erica Bond

September 10: David Toney

September 11: Brandy Simpson, Val Smith and Janelle Vest



If you have ideas or suggestions, please contact Kathy Stone (Kathy.Stone@fssa.in.gov).